



THE COURIER

Ashbury Senior Computer Community Center

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OUR MISSION

To bridge the gap in the "Digital Divide" in our inner-city communities by providing high quality, accessible, and FREE technology classes in a supportive, appropriately-paced, and nurturing environment – that encourages personal growth and enhances the quality of life for all participants.

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Come Visit Us!

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Internet Connectivity...“What Have We Done”?

ASC³ works with partners in our community and across the U.S. to develop new approaches and new resources to support digital literacy and access for all!

In 2015 we continued to play a leading role in Connect Your Community (CYC), the collaborative working to develop sustainable models for community digital inclusion in Cleveland and Detroit. CYC is ASC³'s partner in our West side training center (the ASC³ Connect Your Community Center). ASC³ and CYC are also collaborators, along with MetroHealth's Center for Healthcare Research and Policy, in a groundbreaking pilot project to help more Medicaid and Medicare patients become meaningful users of MyChart, the online personal health record application used by most Cleveland hospitals.

Along with our other CYC partners like Tri-C, the Cuyahoga County Public Library and Seeds of Literacy, ASC³ has participated in two big cable merger cases at the Federal Communications Commission to advocate for investment in community broadband adoption programs. The Coalition for Broadband Equity, which CYC organized for this FCC initiative, now includes digital inclusion leaders in other Time Warner communities such as Milwaukee, Dayton, Akron, Lorain, Youngstown, Kansas City, and Winston-Salem.

Finally, ASC³ is also active in a new nationwide network of “digital inclusion practioners” called the National Digital Inclusion Alliance, which includes local governments, libraries, and community nonprofits in 31 states. NDIA has already enabled ASC³ to have a voice in the FCC's deliberations on “Lifeline modernization” (i.e. using the Lifeline phone subsidy program to help support Internet access for low income households) as well as the White House Broadband Opportunity Council.

What's Next? Ashbury in partnership with our local Coalition for Broadband Equity is considering a major campaign project to engage Clevelanders in the benefits a of a public Wi-Fi system. If you are interested in helping in anyway please e-mail info@asc3.org and leave your contact information. You can also find more information at connectyourcommunity.org, www.digitalinclusionalliance.org, and the asc3.org websites.

Connect2Lead!

Ashbury's newest venture, the **Connect2Lead (C2L)** program is connecting community volunteers and helping them become better leaders. The purpose of **C2L** is to provide individuals who give back to their community by volunteering their valuable time, the tools and specialized training to enhance their personal skills. This 15-hour training program is intense and thus, students must possess intermediate technology skills, as well as be regular community volunteers in order to be eligible.

Congratulations to the inaugural class of **Conect2Lead** on successfully completing this valuable program! Graduates of **C2L** receive a fully loaded, refurbished desktop personal computer and a financial stipend toward Internet connectivity.

From left to Right: Valeria Broner, Mary K. Williams, Cynthia Felder



Barbara Ellington



My first exposure with ASC3 was during the tax season of 2012. Later I learned about the available free computer classes. I am a self-employed caregiver working with seniors. It is a blessing that I am able to serve people. My signature scripture is Proverbs 3:5-6 "lean not to your

own understanding, but in your ways acknowledge him and he will direct your path. I am pushing forward with Jesus leading the way.

I was fearful of the computer, information spreads so quickly. My church family asked. Do you email? Are you on Facebook? I finally decided to get on board with electronic communications. Thank you Mrs. Davis, it wasn't as bad as I thought it would be. I'm still learning!!!!

Maria Mango & Evelyn Mannsur

Daughter, **Maria Mango** and Mother **Evelyn Mannsur**, teamed up to start becoming tech savvy. They attended the ASC3 Beginner's class at the PNC Fairfax Connection, because they do not want to be left behind in technology. Though Maria has a little tech skills, she needed a refresher and also wanted to encourage her mother of 74 years young - not to give up. "Our instructor, Shalettha Mitchell is very patient and understanding; she moves at a good pace for everyone. We have learned the basics of both



Mac and Windows operating systems", said Mango. "I am really enjoying the class", chimed in Ms. Mannsur. This dynamic duo appreciates this wonderful opportunity for the Ashbury class at the PNC Fairfax Connection. "We love the class and are learning so much!" Thank you so much!

ASC3 SALUTES IT'S 2015 "An Evening with the Stars" Nuguza Saba Honorees

UMOJA (Unity)
Alvin Fulton



UJIMA
(Collective Work & Responsibility)
Alan Silverman

UJAMAA
(Cooperative Economics)
Jan Thrope



Senator Sandra R. Williams
NGUZO SABA (7 Principles)



Brian Cummins
NIA (Purpose)



Rita Bolton
KUUMBA (Creativity)



KUJICHAGULIA
(Self-Determination)
Peter Lawson Jones



Elliot Lanier
IMANI (Faith)

Tech Corner

Eva Taylor/Cynthia Felder

New Tech Gift Gadgets for the Holidays

Durable, Creative Storage for the person on the go!

The **LaCie RuggedKey** is built to withstand accidental drops from heights far above what you'd encounter on your way to the office. Its rubber construction is 100-meter drop-resistant. That means ultimate protection for your key – and your data – for all of life's little stumbles. The RuggedKey has a USB 3.0 interface and file transfer speed of up to 150 MB/s, but it's also backward compatible with USB 2.0. The USB also comes with AES 256-bit encryption for data security.



Looking for Control, over your favorite gadgets

Try the
Amazon Echo →

Love your photos try the Photo iPad scanning dock!

This is the scanner that saves treasured photos directly to an iPad while it docks and charges the device. Controlled by a free app, the sheet-fed scanner makes it simple to preserve and share heirloom photos and digital files. In as little as 12 seconds, a photo is converted to a crisp 300-JPEG image that is displayed in real time and saved to your era roll. The integrated dock upright and has a built-in lithium battery that recharges its battery. Scans sheets up to 8 1/2" x 11" with your iPad's USB power 4, iPad Mini, and iPhone 5/6.0 or later. 4 1/2" H x 13" D. (1.5 lbs.)



documents as seconds, a photo or 600-dpi color played on screen the iPad's cam-holds the iPad Lightning connector in five hours. 14". Plugs into AC adapter. For iPad s/c running iOS W x 4" D. (1 3/4

Information, music, audiobooks, news, weather, traffic, sports, and more-instantly Controlled by your voice for hands-free convenience Far-field voice recognition hears you from across the room Connected to the cloud so it's always getting smarter 360° omni-directional audio to fill the room with immersive sound Compatible with select Belkin WeMo, Philips Hue, SmartThings, Insteon, and Wink connected devices to control lights and switches with your voice Plays music from Amazon Music, Prime Music, Pandora, iHeartRadio, TuneIn, and more



Board Members Rita and Terry Bolton



Another ASC3 Dynamic Duo

We were shopping one day and we had a conversation about computer training. Then, we recalled a friend telling us about the Ashbury center. Well, we stopped at ASC³ that day (March 2010) and actually registered for classes. The experience has been very helpful in learning computer skills, because we did not know anything about computers. Now we are great at emailing, creating documents, and even Facebook! That was five years ago, and we are still with the Ashbury family, serving as committed and active Board Members. We are proud to serve with such a great organization that cares about their students!

Happy Holidays!

Eat Well Live Strong



EAT CLEAN DURING THE HOLIDAY



The seasons for sharing is upon us. You don't have to give up eating clean just because it's the holidays. Many of our favorite-special occasion treats can be cleaned up simply by swapping whole grains for refined ones, choosing low-fat dairy products and using minimally processed sugars. Eating clean is connecting with food and efforts that it takes to go from fields to plates in harmony with personal choices,

We have come to realize it was the slave's diet that was primarily responsible for their near perfect health. Small gardens that were planted adjacent to their cabins produced an abundance of fresh produce for the majority of the year. These gardens often time yielded a variety of (15) or more different vegetables.



Clean eating is an eating approach that encourages whole natural foods prepared and minimally processed. Clean foods are seasoned with less salt, fat, and sugar and maintain a close look on nutritional content to the original product. Clean eating avoids highly processed foods.

SIX TIPS FOR CLEANING UP RECIPES

- ◆ Substitute whole flour for white flour Use minimal processed sugars
- ◆ Include protein, carbohydrates and fat in each meal
- ◆ Make seasonal fruits and vegetables the center of your meals
- ◆ Eat 5 or 6 small meals throughout the day
- ◆ Don't drink your calories
- ◆ Exercise

TEA CAKE HISTORY

The history of tea cake goes back to slavery when Grandma would mix up a tea cake for desert. The tea cake was just sweet enough to make it a dessert.

OLD FASHIONED TEA CAKES INGREDIENTS

- 2 1/2 C. flour
- 3/4 c. sugar
- 1 c. butter
- 1 egg
- 1/2 tsp baking power
- 1/2 tsp vanilla



Cream butter and sugar, add egg, sift flour and baking power together, add to first mixture, add vanilla. Roll on floured board. Cut with a cookie cutter.